

The Standardized Program Evaluation Protocol (SPEP™):

Service Score Results: Baseline

Name of Program and Service: Keystone Adolescent Center-ART

Cohort Total: 14

SPEP ID: 145-T01

Selected Timeframe: Jun. 13, 2016 – Mar. 10, 2017

Date(s) of Interview(s): Mar. 23, 2017

Lead County & SPEP Team Representatives: Pamela Farkas, Mercer Co., Lisa Freese & Heather Perry, EPIS

Person Preparing Report: Pamela Farkas, Lisa Freese & Heather Perry

Description of Service: *This should include a **brief** overview of the service within the context of the program, the location and if community based or residential. Indicate the type of youth referred, how the service is delivered, the purpose of service and any other **relevant** information to help the reader understand the SPEP service type classification. (350 character limit)*

Keystone Adolescent Center (KAC) is a non-profit organization that has been providing services to youth and families throughout Mercer County, and surrounding areas, since 1993. The components of the program are to provide Short Term Shelter Care, Long Term Residential Care, Education through local school districts, as well as the Keystone Charter School, Transitional Living programs, foster care, and/or Community Based programs for both delinquent and dependent, male and females, ages 8-21. Due to its community based nature and emphasis on family preservation, KAC also offers constructive behavior modification, therapeutic counseling, and educational opportunities to youth by involving family in the treatment process. They focus on emotional, behavioral, academic, and family problems within the home, school, or in the community. Referrals are accepted from Juvenile Probation, Children and Youth, as well as private organizations. KAC's office is located at 201 Main Street, Greenville, PA 16125.

The focus of this report is Aggression Replacement Training® (ART®), which is a multimodal psycho educational intervention designed to alter the behavior of chronically aggressive adolescents and young children. The program incorporates three specific interventions: Skillstreaming, Anger Control Training, and training in Moral Reasoning. Skillstreaming uses modeling, role-playing, performance feedback, and transfer training to teach pro-social skills. In Anger Control Training, participating youth must bring to each session one or more descriptions of recent anger-arousing experiences (hassles), and over the duration of the program they are trained in how to respond to their hassles. Training in Moral Reasoning is designed to enhance youths' sense of fairness and justice regarding the needs and rights of others and to train youth to imagine the perspectives of others when they confront various moral problem situations. ART® consists of a 10-week, 30-hour intervention administered to groups of 8 to 12 juvenile offenders three times weekly. During these 10 weeks, participating youth typically attend three 1-hour sessions per week, one session each of Skillstreaming, Anger Control Training, and training in Moral Reasoning. The program relies on repetitive learning techniques to teach participants to control impulsiveness and anger, resulting in the use of more appropriate behaviors.

The four characteristics of a service found to be the most strongly related to reducing recidivism:

1. **SPEP™ Service Type:** Cognitive-behavior Therapy

Based on the meta-analysis, is there a qualifying supplemental service? No

If so, what is the Service type? There is no qualifying supplemental service

Was the supplemental service provided? n/a Total Points Possible for this Service Type: 35

Total Points Earned: 35 Total Points Possible: 35

2. **Quality of Service:** Research has shown that programs that deliver service with high quality are more likely to have a positive impact on recidivism reduction. Monitoring of quality is defined by existence of written protocol, staff training and supervision, and how drift from service delivery is addressed.

Total Points Earned: 20 Total Points Possible: 20

3. **Amount of Service:** Score was derived from examination of weeks and hours each youth in the cohort received the service. The amount of service is measured by the target amounts of service for the SPEP service categorization. Each SPEP service type has varying amounts of duration and dosage. Youth should receive the targeted amounts to have the greatest impact on recidivism reduction.

Points received for Duration or Number of Weeks: 6

Points received for Dosage or Number of Hours: 10

Total Points Earned: 16 Total Points Possible: 20

4. **Youth Risk Level:** The risk level score is compiled by calculating the total % of youth that score above low risk, and the total % of youth who score above moderate risk to reoffend based on the results of the YLS.

14 youth in the cohort are Moderate, High or Very High YLS Risk Level for a total of 12 points

3 youth in the cohort are High or Very High YLS Risk Level for a total of 5 points

Total Points Earned: 17 Total Points Possible: 25

Basic SPEP™ Score: 88 total points awarded out of 100 points. Compares service to any other type of SPEP therapeutic service. (eg: individual counseling compared to cognitive behavioral therapy, social skills training, mentoring, etc.)

Note: Services with scores greater than or equal to 50 show the service is having a positive impact on recidivism reduction.

Program Optimization Percentage: 88% This percentage compares the service to the same service types found in the research. (eg: individual counseling compared to all other individual counseling services included in the research)

The SPEP and [Performance Improvement](#)

The intended use of the SPEP is to optimize the effectiveness of reducing recidivism among juvenile offenders. Recommendations for performance improvement are included in the service feedback report, and these recommendations are the focus of the performance improvement plan, a shared responsibility of the service provider and the local juvenile court. The recommendations for this service included in the feedback report are:

The Aggression Replacement Training® at Keystone Adolescent Center scored an 88 for the Basic Score and an 88% Program Optimization Percentage. It is classified as a Cognitive-Behavioral Therapy service type. The program could improve its capacity for recidivism reduction through:

1. Enhance the duration and dosage to meet research standards.
2. Incorporate the adherence to the manual and service delivery (drift) in annual Performance Evaluations.

The Standardized Program Evaluation Protocol (SPEP™):

Service Score Results: Reassessment 1

SPEP™ ID and Time: 145-T02

Agency Name: Keystone Adolescent Center
Program Name: Keystone Adolescent Center
Service Name: Aggression Replacement Training®
Cohort Total: 39
Timeframe of Selected Cohort: August 1, 2018 - March 7, 2020
Referral County(s): Beaver (1), Lawrence (1), Mercer (36), Venango (1)
Date(s) of Interview(s): March 2, 2020; April 24, 2020
Lead County: Mercer
Probation Representative(s): Pamela Farkas
EPIS Representative: Shannon O'Lone

Description of Service:

Keystone Adolescent Center is a non-profit organization that has been providing services to youth and families throughout Western Pennsylvania and North Eastern Ohio since 1993. The components of the program are to provide Short Term Shelter Care, Long Term Residential Care, Education through the Keystone Charter School or local school districts, Transitional Living Programs, and/or Community Based Programs for both delinquent and dependent, male and females, ages 8-21. Keystone Adolescent Center (KAC) provides 24-hour care and supervision for delinquent and dependent male youth. The facility is a 20 bed, residential and shelter facility that houses male youth from the ages of 8 -21. The facility is located at 60 South Race Street, Greenville, PA. Keystone Female Services (KFS) provides 24-hour care and supervision for delinquent and dependent female youth. The facility is a 24 bed, residential and shelter facility that houses female youth from the ages of 8 to 21. The facility is located at 95 South Race Street Greenville, PA.

Aggression Replacement Training® (ART®) is an evidence-based curriculum proven to help juveniles reduce aggressive behavior and develop pro-social and moral reasoning skills. ART® is a multimodal psycho-educational intervention designed to alter the behavior of chronically aggressive adolescents and young children. The program incorporates three specific interventions: Skillstreaming, Anger Control Training, and Moral Reasoning Training.

- Skillstreaming uses modeling, role-playing, performance feedback, and transfer training to teach pro-social skills.
- Anger Control Training requires participating youth to bring one or more descriptions of recent anger-arousing experiences (hassles) to each session. Over the duration of the program, youth are trained in how to respond to their hassles.
- Moral Reasoning Training is designed to enhance youths' sense of fairness and justice regarding the needs and rights of others. It is also designed to train youth to imagine the perspectives of others when they confront various moral problem situations.

ART® consists of a 10-week, 30-hour intervention administered to groups of 8 to 12 youth three times weekly. During these 10 weeks, participating youth typically attend three 1-hour sessions per week, one session each of Skillstreaming, Anger Control Training, and Moral Reasoning Training. The program relies on repetitive learning techniques to teach participants to control impulsiveness and anger, resulting in using more appropriate behaviors. In addition, guided group discussion is used to correct antisocial thinking. Differences exist regarding the targeted duration (i.e., weeks) and contact hours for the delivery of ART® in a residential program versus delivery of ART® in a community-based program.

The four characteristics of a service found to be the most strongly related to reducing recidivism:

1. SPEP™ Service Type: Cognitive Behavioral Therapy

Based on the meta-analysis, is there a qualifying supplemental service? No

If so, what is the Service Type? There is no qualifying supplemental service

Was the supplemental service provided? N/A Total Points Possible for this Service Type: 35

Total Points Received: 35 Total Points Possible: 35

2. Quality of Service: Research has shown that programs that deliver service with high quality are more likely to have a positive impact on recidivism reduction. Monitoring of quality is defined by existence of written protocol, staff training, staff supervision, and how drift from service delivery is addressed.

Total Points Received: 20 Total Points Possible: 20

3. Amount of Service: Score was derived by calculating the total number of weeks and hours received by each youth in the service. The amount of service is measured by the target amounts of service for the SPEP™ service categorization. Each SPEP™ service type has varying amounts of duration and contact hours. Youth should receive the targeted amounts to have the greatest impact on recidivism reduction.

Points received for Duration or Number of Weeks: 8

Points received for Contact Hours or Number of Hours: 8

Total Points Received: 16 **Total Points Possible:** 20

4. Youth Risk Level: The risk level score is compiled by calculating the total % of youth that score above low risk, and the total % of youth who score above moderate risk to reoffend based on the results of the YLS.

34 youth in the cohort are Moderate, High, Very High YLS Risk Level for a total of 10 points

16 youth in the cohort are High or Very High YLS Risk Level for a total of 13 points

Total Points Received: 23 **Total Points Possible:** 25

Basic SPEP™ Score: 94 total points received out of 100 points. Compares service to any other type of SPEP™ therapeutic service. (e.g. individual counseling compared to cognitive behavioral therapy, social skills training, mentoring, etc.)

Note: Services with scores greater than or equal to 50 show the service is having a positive impact on recidivism reduction.

Program Optimization Percentage: 94% This percentage compares the service to the same service types found in the research. (e.g. individual counseling compared to all other individual counseling services included in the research.)

The SPEP™ and Performance Improvement

The intended use of the SPEP™ is to optimize the effectiveness of reducing recidivism among juvenile offenders. Recommendations for performance improvement are included in the service Feedback Report, and these recommendations are the focus of the Performance Improvement Plan, a shared responsibility of the service provider and the juvenile probation department.

1. Regarding Quality of Service Delivery:

a. Written Protocol:

- i. Incorporate a specific target date, and person responsible, in the Policy and Procedure Manual to reach out to Mark Amendola, the Developer to obtain any updated changes and information regarding the ART® curriculum.

b. Staff Training:

- i. Ensure Booster Trainings occur in adherence to the ART® model for facilitators and supervisors, to maintain certification.
- ii. Contact the developer, to maintain awareness of booster trainings that are offered, or can be scheduled for your specific agency (i.e. Perseus House Fidelity observations, In-person Booster trainings, etc.).

c. Staff Supervision:

- i. Maintain consistent observation of service delivery and provide feedback for facilitators.
- ii. Begin utilizing the developer's updated Fidelity Forms for each component of ART®.

d. Organizational Response to Drift:

- i. Continue to utilize the pre-test and post-test, along with participant evaluations, for effectiveness of program outcomes.

2. Regarding Amount of Service:

- a. Maintain communication with referring JPO to better match research recommendations for the targeted amount of service and appropriate length of stay for each youth.

3. Regarding Risk Level of Youth Served:

- a. Maintain collaboration with referral JPO to consider the appropriate risk level for each youth.